

## Helping children make sense of natural disasters



As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fills the airwaves and the consciousness of society? Here are some ideas:

1. **Reassure children that they are safe.** The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.
2. **Be available and 'askable'.** Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.
3. **Help children process what they see and hear, particularly through television.** Children are good observers but can be poor interpreters of events that are out of their level of understanding. Sit with them. Ask them questions to ascertain their understanding.
4. **Support children's concerns for others.** They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heart-warming to see this empathy in children for the concerns of others.
5. **Let them explore feelings beyond fear.** Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.
6. **Help children and young people find a legitimate course of action if they wish.** Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.
7. **Avoid keeping the television on all the time.** The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.
8. **Be aware of your own actions.** Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.
9. **Take action yourself.** Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.

Michael Grose is one of Australia's leading parenting educators. For more parenting information and resources visit [www.parentingideas.com.au](http://www.parentingideas.com.au)